

f the road (over the yellow line) please slow down and be patient with the slower riders and give them time to move out of your way safely. A pleasant way to warn slower riders that you are coming by is to use a bell or a "honker" to let them know. It actually makes the slower riders smile! Yelling and screaming at other riders to get out of the way will defeat the ZERO ACCIDENT objective. Please be considerate!

(1) NEVER RIDE IN A PACE-LINE WITH RIDERS YOU DO NOT KNOW

Riding skills vary widely, even among cyclists who race their bikes in packs and pace-lines. Riding in a pace-line with "unknowns" increases the risk of injury a hundred fold! Unskilled riders often make dangerous moves without realizing that they are placing the others around them at risk. Please help us to achieve the ZERO ACCIDENT objective by avoiding these situations.

(2) CONSIDER ATTENDING A DEFENSIVE RIDING SKILL CLASS

Learning how to defend yourself when riding in a close-packed group such as you may encounter on group rides can dramatically decrease your chances of an accident.

Defensive Riding Skill Classes are held each year to teach riders how to be confident that they can ride safely in a group. Recently a rider let us know that though he had been riding for over 15 years and thought he knew everything, he learned some important new skills in these classes. Another rider let us know that in 2005 when several riders crashed near him, he was able to survive without falling down by using the skills he learned in the defensive riding classes.

Nearly everyone who has attended these classes has given us positive feedback. Moreover, IT'S FUN! For information on the classes, please contact Coach Bill Edwards (see the back of this brochure).

Coach Bill Edwards

Bill Edwards has been involved in competitive cycling for more than 58 years. He has been actively coaching cyclists since 1980.

Bill began his racing career in San Diego, California as a Junior in 1947 and advanced from category III to II to I (known then as "C", "B", and "A") by age 18. He competed as a senior in Southern California during the 1950's while attending UCLA. More recently, Bill has won the USCF Texas Masters State Championship Road Race and Time Trial, and all of the events in the Texas State Senior Olympic Championships in his age category. In 1998 he won four National Championship Gold Medals at the U.S. Masters National Championships.

Bill has coached five U.S. National Team members, nine U.S. National Champions, two Master's World champions and one professional cyclist. He currently holds a USA Cycling Elite coaching license. Bill was the USA Cycling Regional Coach for the eleven-state Southern Region from 1987-1992 during which time he reported to National Team Director Chris Carmichael (Lance Armstrong's coach). He was selected as a U.S. Olympic Festival coach in 1989, 1990, 1991 and 1995, and at the 1991 Olympic Festival he held the position of head coach. He is well known throughout the state of Texas as a highly qualified cycling coach. Bill is the Team Director and Coach of the Southern Elite Race Team (a team dedicated to identifying and developing talented young athletes). Southern Elite (see www.southernelite.org) was the number one team among 98 teams in the State of Texas for 2001 and 2002 (see www.txbra.org). Bill currently is the coach of 10-time Masters World Champion and World Record Holder Al Whaley who, along with Paralympian Pam Fernandes, won a Gold Medal and a Silver Medal at the 2000 Paralympic Games in Sydney, Australia. Al & Pam set a World Record and two Paralympic records in the process.

Bill's goal as a coach is to be an inspiring role model to recreational cyclists and serious competitive cyclists of all ages. Promoting on-the-bike safety is one of Bill's great passions.

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Learned under Coach Chris Carmichael

GROUP CYCLING SAFETY

FOR YOUR SAFETY

Our goal for future group rides is

ZERO ACCIDENTS

Your HELP is needed to achieve this goal!

Please Think,
"SAFETY IS NUMBER ONE"
and begin practicing the dozen
DEFENSIVE RIDING TECHNIQUES
described inside

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Group Cycling Safety Twelve Step Program

(1) SAFETY IS A FRAME OF MIND

To achieve the goal of ZERO ACCIDENTS, safety must be on the minds of all ride participants, all of the volunteers and all of the ride staff members, ALL OF THE TIME. It's simply a case of mind over matter, so please help by giving 100 percent of your attention to safe riding practices. If you do mind, it will matter!!

(2) MAINTAINING YOUR PERSONAL SPACE IS KEY

On group rides, constantly maintain a protective cocoon of space around you and your bike. Whenever you find your bike getting too close to another rider, simply back off and make space. Never allow your front wheel to overlap another rider's wheel when in close proximity. Protect your bike from touching another person's bike at all costs. Constantly maintain an idea of how you will escape harm if an obstacle suddenly arises or if another rider gets too close.

(3) AVOID SUDDEN SIDEWAYS MOVEMENTS

When moving from side-to-side on the road, move gradually and just drift slowly over while looking out for other riders whose wheels may be overlapping yours. This gives others a chance react and to maintain their personal space as well.

(4) BE CAREFUL WHEN STOPPING OR SLOWING

If you need to stop for any reason while riding in a group (e.g., for a flat tire or to remove a jacket, etc.) please move gradually over to the right side of the road and then get your bike completely off the road after stopping. As you move over, let others around you know what you are doing by yelling out "STOPPING," and then watch out for any cyclists who may be coming by on the right side of you. If

you need to slow down for any reason, please be thoughtful of any riders who may be directly behind you by slowing gradually if possible, and by yelling out "SLOWING!"

(5) STAY WITHIN YOUR LIMITS

When riders allow themselves to get in over their heads by trying to keep up with faster riders, there is a tendency to "zone out," lose concentration, and become less attentive to what is going on around them. When this happens, the probability of accidents goes up sharply. To stay within your limits, ride at a pace that feels like you could go a little faster if you wanted to. When you get the feeling that you are struggling to keep up, ease up and drop back!

(6) KEEP YOUR HEAD UP

It is important to be able to continuously look ahead down the road to monitor sudden changes in the speed and direction of riders or vehicles in front of you. To accomplish this, you need to keep your head up. If you find yourself focusing down on the wheel of the bike in front of you, and your field of vision narrowing, you are most likely in over your head and outside your limits. It's an accident waiting to happen, so slow down!! If you see another rider next to you with their head down, please consider reminding them of the dangers involved, and then consider moving away and keeping away from them if they persist!

(7) EFFECTIVE COMMUNICATION IS ESSENTIAL

When on group rides, both verbal and visual communication with those around you is a vital part of achieving ZERO ACCIDENTS. Yelling out "Road Kill" or "Gravel" or "Pothole" or "Crack" or "Debris" or "Tracks" or "Rider Up" or "Dog(s) Up" or "Car Back" or "Slowing" or "Stopping" is very important. HOWEVER, recognize that when in a group, only two or three riders around you may be

able to hear the warning. Therefore, if you hear someone in your group yell out a warning such as "SLOWING," everyone else in the group needs to sing out the same warning as loudly as possible and use hand signals so that all of the riders down the line will get the message. Learn to use the commonly accepted hand signals to point out obstacles and alert following riders about what is happening up front (ask any experienced rider about signals). The signal for "slowing" is to place the open hand behind your back, or down on one side.

(8) BE THOUGHTFUL OF THE OTHER RIDERS AROUND YOU

Being thoughtful and considerate of the riders around you is another key aspect of achieving ZERO ACCIDENTS. This is especially true when faster riders are passing slower riders on the road. When you hear someone say "Passing on Your Left," please either hold your line or move slightly to the right if it is safe to do so.

(9) STAY AWARE OF WHAT IS COMING AT YOU FROM BEHIND

Use of a REAR VIEW MIRROR is strongly recommended on group rides. It is extremely important, especially for slower riders, to see when cars, faster riders or fast pace-lines are approaching from behind. It gives one a chance to get over and out of the way to let them come by safely. ZERO ACCIDENTS can be achieved if the slower riders are thoughtful and considerate of the faster riders, and vice versa.

(10) GIVE THE SLOWER RIDERS FAIR WARNING

Faster riders, please be thoughtful of the slower riders and warn them by yelling out "Passing on your Left" before passing them, and PLEASE do not "chop in" on their front wheels as you pass by. If you can not pass without going on the wrong side